

Humous (No Tahini) (4-6 people)



Ingredients

- 1 can chickpeas, drained
- 2 tbsp olive oil
- Juice of half a lemon
- 1 garlic clove, crushed
- ½ tsp ground cumin

Method

1. Add the drained chickpeas, 2 tablespoons of water, the olive oil, lemon juice, garlic, cumin, and a generous pinch of salt to a food processor or use a hand blender. Blend until it reaches the texture you like. If the humous is too thick, add another splash of water. Season to taste.

